



Allergen Information: Glanmore Lunch Only Menu

	Dairy	Wheat	Gluten	Soya	Egg	Celery	Mustard	Sesame Seeds	Tree nuts	Peanuts	Sulphur dioxide	Fish (Tuna)
Sandwich / Roll												
Healthy White		X	X	X				!				
100% Wholemeal bread		X	X	X				!				
Hi Fibre Soft White Roll	!	X	X	X	!							
Demi baguette		X	X					!	!			
Farmhouse Brown	X	X	X					!				
White Gluten free loaf												
Dairy Spread												
Dairy spread	X											
Fillings												
Ham												
Cheddar Cheese	X											
Chicken Breast												
Turkey Slice												
Tuna Mayo					X		X					X
Strawberry Jam												
Egg Mayo					X							
Corned Beef	X											
Alternative lunch options												
Healthy White with Ham Salad (Butter)	X	X	X	X				!				
Healthy White with Ham Salad (No Butter)	!	X	X	X				!				
Healthy White with Cheese Salad (Butter)	X	X	X	X				!				
Healthy White with Cheese Salad (No Butter)	X	X	X	X				!				
Healthy White with Chicken Salad (Butter)	X	X	X	X				!				
Healthy White with Chicken Salad (No Butter)	!	X	X	X				!				
Pasta Bolognese		X	X			X						
Plain Pasta		X	X			!						
Cracker and soft cheese	X	X	X						!			
Sweet Chilli Chicken Wrap		X	X									
Taco Chicken Wrap		X	X		X							
Tuna & Sweetcorn Wrap		X	X		X		X					X
Soft white Bap with Chicken & Stuffing (butter)	X	X	X	X	!							
Soft White Bap with Chicken & Stuffing (no butter)	X	X	X	X	!							
Soft White Bap with Ham & Cheese (butter)	X	X	X	X	!							
Soft White Bap with Ham & Cheese (no butter)	X	X	X	X	!							
Fruit / snack												
Oats & Honey Crunch	!	X	X	!	!							!
Sliced Apple												
Petit Filous	X											
Seedless Grapes												
Sliced Peppers												
Carrots Sticks												
Seasonal Fruit Pot												
Chocolate Rice Cake	X			X				X	!			

KEY: Allergen and Intolerance information. NONE OF THE PRODUCTS ON THIS LIST CONTAIN PEANUTS, MOLLASCS, LUPINS

X	!	
CONTAINS	MAY CONTAIN TRACES OF	FREE FROM

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